

# A ROAD TO A HEALTHY START

With Healthy Start Scheme, you get **free vouchers** every week to spend on milk, fresh, frozen and tinned fruit and vegetables, and infant formula milk. You can also get free vitamins.

**Are you pregnant or do you have children under the age of 4?**  
**If yes, you may be eligible if you are on benefits**

**You are eligible if you are pregnant and under the age of 18**

Check if you are eligible and how to apply by visiting:

**<https://www.healthystart.nhs.uk/>**

If you are unable to access the website, please contact our Health Visiting service on 020 3373 9983 for further assistance

**Important:** A midwife or Health Visitor no longer needs to sign the Healthy Start application form

